

Dr. Colin Gage * Dr. Duane Drobot

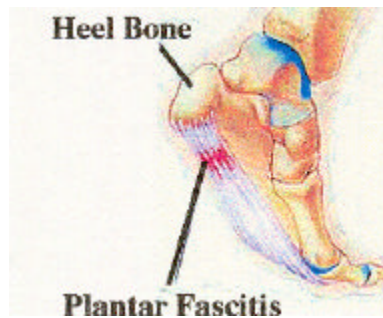
Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website:

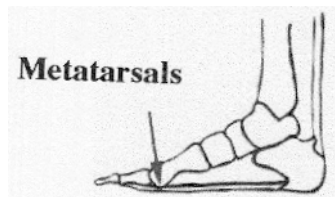
"treating the cause of your problem, not just the symptoms"

Pronated Feet?

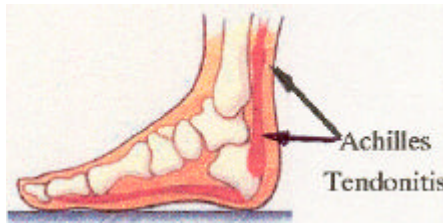
When it comes to the feet, there are all kinds of problems that can produce symptoms ranging from mild tenderness to severe pain. The most common foot problems I have to address in my chiropractic practice are a result of "overpronation". In simple terms, this just means that the ankle turns inward slightly and the foot "flattens". When this occurs, the foot cannot function efficiently and too much pressure or force is applied to certain areas of the foot. The following are a few examples of painful problems that can arise from overpronated feet.



The most common result of overpronation that I see is "plantar fasciitis" (see diagram). This term refers to an inflammation and/or burning sensation at the arch of the foot. The plantar fascia is a broad band of fibrous tissue located along the bottom surface of the foot that runs from the heel to the forefoot. In overpronated or flat feet, excessive stretching of the plantar fascia occurs. This causes inflammation within the plantar fascia and where it attaches to the front of the heel, resulting in pain at the heel and arch areas. The pain is often extreme in the morning when an individual first gets out of bed or after a prolonged period of rest.



The second most common foot problem I see is "metatarsalgia", which really just means "pain at the ball of the foot" (see diagram). This is a general term used to denote a painful foot condition in the metatarsal region of the foot (the "metatarsal" bones make up the front half of your foot and attach to the "phalange" bones that make up your toes). The pain produced from



metatarsalgia is often located at the underside of the foot, before the start of the 2nd, 3rd, and 4th toes. However, it can also be isolated at the first metatarsal head (just behind the base of the big toe).

The third most common foot related problem I see is "achilles tendonitis" (see diagram). Although it can affect anyone, it often occurs in more active people. As the name suggests, achilles tendonitis is an inflammation of the achilles tendon, which connects the heel of the foot to the calve muscles. Pain may be present at the achilles tendon during exercise and may even increase soon afterward. Tenderness may be felt anywhere along the course of the tendon. There may even be the presence of a localized nodule on the tendon. The soles of these patient's shoes may also show an abnormal shoe wear pattern.

To find out if you have fallen arches and the turning inward of the ankles (together resulting in "overpronated" feet), watch for watch abnormal wearing on the bottom and side of your shoes. People with flat feet typically have shoes that break down at the inside wall of the heel cup (the part of the shoe where your heel fits into). As well, the area of the shoe next to your small toe and its associated metatarsal will break down. A good test is to look at your footprint in soft dirt or sand. A foot with a normal arch does not leave much of an "arch impression" since the arch is mostly off the ground. A flat foot person leaves more of an impression. When the ankles turn inward, the footprints will be turned outward instead of being straight. In conjunction with foot problems, overpronation of the feet can contribute to other problems as well. These include chronic or recurring back, hip, knee, and shin pain.

If you think you have overpronated feet, call my office and set up an appointment to have your feet examined. If you require them and wish to proceed, the cost is \$275.00 (including all taxes) and most extended health insurance policies will reimburse you for 80% of it. As well, if you are not happy with the orthotic and see me about it within the first ninety days, you will receive a full refund.